

GENERAL RECREATION



DOG OBEDIENCE! PUPPY (3-5 MONTHS)

Kindergarten for your puppy! This class will expose your puppy to other dogs while you learn the importance of socialization, reassurance, building hierarchy, and consistency when training. Prevention of digging, barking, and jumping will be discussed. Your puppy will use a collar and leash and will start to learn the "come" and

"stay" commands. **Handlers must provide proof of all current vaccinations on the first day of class.**

Instructor: Denise Waiting

Location: Pioneer Center

Limits: 6/10

Ages: 8-16 yrs old (must be accompanied by an adult) and older

Session 1:

Jan 17-Feb 21 Tu 6:00-7:00pm \$59

Jan 19-Feb 23 Th 7:00-8:00pm \$59

Session 2:

Mar 21-Apr 25 Tu 6:00-7:00pm \$59

Mar 23-Apr 27 Th 7:00-8:00pm \$59

BASIC (6 MONTHS+)

Using the positive reinforcement approach (tone of voice, treats, toys, and pats), we will teach your dog to be a well-mannered companion in and out of your home. This class will cover the sit, come, down, stay, heel, and off commands. General information about dogs and their behaviors will also be covered.

Handlers must provide proof of all current vaccinations on the first day of class.

Instructor: Denise Waiting

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Session 1:

Jan 17-Feb 21 Tu 7:00-8:00pm \$59

Jan 19-Feb 23 Th 8:00-9:00pm \$59

Session 2:

Mar 21-Apr 25 Tu 7:00-8:00pm \$59

Mar 23-Apr 27 Th 8:00-9:00pm \$59

ADVANCED

This class is for dogs and handlers who have been through a previous dog obedience class. It is a continuation of basic command and socialization. The class will also involve training for a Canine Good Citizenship test to be given during the last week. It is also a great opportunity to continue training your dog to be well behaved. **Handlers must provide proof of all current vaccinations on the first day of class.**

Instructor: Denise Waiting

Location: Pioneer Center

Limits: 6/10

Ages: 8-16 yrs old (must be accompanied by an adult) and older

Session 1:

Jan 17-Feb 21 Tu 8:00-9:00pm \$59

Session 2:

Mar 21-Apr 25 Tu 8:00-9:00pm \$59

New BEGINNING OIL PAINTING

Learn to paint, brush up on your skills, or just socialize with others with similar interests. Learn the basics of painting in oils. Explore wet on wet, dry brush techniques, and color mixing and composition. Some drawing instruction will be provided to facilitate layout. Paint along with the class or paint the subject of your choice. Step by step instruction and individualized critique and discussion. The goal of the class is to have fun while learning something in the process. **Supply list available at first class session or bring your own.** *Supplies are also available through the instructor. (Classes are designed for ages 18 and older).*

Taking Registration before Jan 3

Instructor: Jacqueline Daisley

Location: Gladish Community Center, 115 State St, Rm 115

Ages: 18 yrs old and older

Jan 3-Feb 7 Tu 9:00am-12:00pm \$117

Jan 7-Feb 11 Sa 9:00am-12:00pm \$117

Feb 21-Mar 28 Tu 9:00am-12:00pm \$117

Feb 25-Apr 1 Sa 9:00am-12:00pm \$117

Apr 11-May 16 Tu 9:00am-12:00pm \$117

Apr 15-May 20 Tu 9:00am-12:00pm \$117

New BEGINNING WATERCOLOR PAINTING

Learn to paint, brush up on your skills, or just socialize with others with similar interests. Learn the basics of using watercolors. Explore wet on wet, dry brush techniques, color mixing, glazing, and composition. Some drawing instruction will be provided to facilitate layout. Paint along with the class or paint the subject of your choice. Step by step instruction and individualized critique and discussion. The main goal of the class is to have fun while learning something in the process. **Supply list available at first class session or bring your own.** *Supplies are also available through the instructor. (Classes are designed for ages 18 and older).*

Taking Registration before Jan 3

Instructor: Jacqueline Daisley

Location: Gladish Community Center, 115 State St, Rm 115

Ages: 18 yrs old and older

Jan 3-Feb 14 Tu 1:30-4:00pm \$98

No class: Jan 24

Feb 21-Mar 28 Tu 1:30-4:00pm \$98

Apr 4-May 9 Tu 1:30-4:00pm \$98

PIONEER CENTER AND PULLMAN SENIOR CENTER **CLOSED**

**MON, JAN 2
MON, JAN 16
MON, FEB 20
MON, MAY 29**

GENERAL RECREATION

New MIXED MEDIA: WATERCOLORS AND ACRYLICS

Focus on the use of acrylics and/or watercolors exploring their differences and similarities. The class will also incorporate collage and composition; add texture and pizzazz to your work. Explore wet on wet, dry brush techniques, and color mixing. Some drawing instruction will be provided to facilitate layout. Paint along with the class or paint the subject of your choice. Step-by-step instruction and individualized critique and discussion. The goal of the class is to have fun while learning something in the process. **Supply list available at first class session or bring your own.** *Supplies are also available through the instructor. (Classes are designed for ages 18 and older).* **Taking Registration before Jan 3**

Instructor: Jacqueline Daisley
Location: Gladish Community Center, 115 State St, Rm 115

Ages: 18 yrs old and older
Jan 7-Feb 18 Sa 1:00-3:30pm \$98
No class: Jan 21

Feb 25-Apr 1 Sa 1:00-3:30pm \$98
Apr 8-May 13 Sa 1:00-3:30pm \$98

New STAMPING 101

Rubber Stamping for Beginners! Learn the basics of rubber stamping while making four really cute cards. You will learn what inks to use on what paper, how to layer, and basic card construction.

Instructor: Karen Lien, Paper Pals
Location: Paper Pals, 1475 S Grand Ave #104, Pullman
Limits: 10 max

Ages: 18 yrs and older
Jan 11 W 6:30-7:30pm \$10
Mar 8 W 6:30-7:30pm \$10

New HOME HARMONY

From family space to sanctuary; a place for work and play, connection and regeneration—our homes are the most important space affecting our well being and effectiveness in the world. Does yours reflect your dreams and values, serving as a support for your vision of who you truly are, or is it filled with chaos, or perhaps simply a storehouse for too many material possessions or even lacking in meaningful personal touches? In this class, you'll learn space clearing techniques both organizational and energetic, as well as practices from the principles of Feng Shui and Wabi Sabi to enhance your environment for improved relationships, health, and wealth, while creating simplicity in your home to showcase what is truly authentic and heartfelt within and around you.

Instructor: Vicki Cockrell, Transformational Mentor and Home Harmony Consultant
Location: 1422 Pine Cone Road, Moscow, ID
Limits: 3/12

Ages: 18 yrs and older
Jan 17-24 Tu 7:00-9:30pm \$26

New READY, SET, SCRAP: BEGINNING SCRAPBOOK CLASS

Have you wanted to start scrapbooking but don't know where to start? Then this workshop is for you! Learn basic design principles, what tools and adhesives to use, and all the other basics on scrapbooking. **Bring 4-5 photos from the same event.**

Instructor: Karen Lien, Paper Pals
Location: Paper Pals, 1475 S. Grand Ave #104, Pullman
Limits: 10 max

Ages: 18 yrs and older
Jan 18 W 6:30-8:30pm \$10
Mar 15 W 6:30-8:30pm \$10

FREEDOM FROM SMOKING

"Freedom from Smoking", an American Lung Association program, provides a step-by-step method for changing behaviors and quitting smoking. If you have tried other methods before, please quit again with this comprehensive and supportive behavior-oriented program. Participants will develop a personal quit plan and have weeks of support after their quit day. *Cost of class includes a \$20 fee for an individual FFS quit packet.*

Instructor: Karen Curry, RN, Certified "Freedom from Smoking" Facilitator
Location: Pioneer Center
Limits: 3/10

Ages: 18 yrs and older
Jan 25-Mar 22 W 6:30-8:30pm \$60
No class: Mar 15

New STAMPING 102: EMBOSSEING BASICS

Learn the basics of heat embossing while making four cards. You will learn what inks and embossing powder to use to achieve amazing effects.

Instructor: Karen Lien, Paper Pals
Location: Paper Pals, 1475 S. Grand Ave #104, Pullman
Limits: 10 max

Ages: 18 yrs and older
Jan 25 W 6:30-8:00pm \$10
Mar 22 W 6:30-8:00pm \$10

2007 STATE FARM U.S. FIGURE SKATING CHAMPIONSHIPS

The countdown has begun! Spokane, Washington has been named as the city to host the 2007 State Farm U.S. Figure Skating Championships. On Jan 21-28, 2007, the top figure skaters in the country will converge for eight days of intense competition. The best and brightest stars will go for gold, silver and bronze! Enjoy this spectacular event as you see all the medalists from the championships as they celebrate with a beautiful and magical show during the US Exhibition of Champions. Yes, it is not until 2007, however, tickets are already on sale!

Location: Spokane, WA
Limits: 8/18

Ages: 18 yrs and older
Jan 28, 2007 Su Time TBA \$87

GENERAL RECREATION

BEAD MAKING CLASS

This class will give each student the opportunity to make mandrel beads using basic lampworking techniques using borosilicate glass. Returning students or others with a flameworking background will learn more advanced techniques. Students will anneal all work and will have handmade, unique beads to take home (the following workday). All tools and supplies will be supplied by Ra Glass. **Participants must wear cotton clothing and closed toed shoes.**

Instructor: Ra Glass Staff
Location: Ra Glass, 372 S Grand, Pullman
Limits: 4 max

Ages: 16 yrs or older (unless accompanied by parent)

| | | | |
|--------------|----------|----------------------|-------|
| Jan 21 | Sa | 10:00am-4:30pm | \$125 |
| Feb 4 | Sa | 10:00am-4:30pm | \$125 |
| Mar 4 | Sa | 10:00am-4:30pm | \$125 |
| Apr 15 | Sa | 10:00am-4:30pm | \$125 |
| May 13 | Sa | 10:00am-4:30pm | \$125 |

STAINED GLASS CLASS

This class will teach students the fundamentals of stained glass hands-on. Each student will get to choose their own beginners project to complete using lead or copper foil techniques. Students will learn to cut and grind glass, piece together a project with lead/foil and solder their project. Participants will be required to purchase materials on their own prior to class (estimated \$65-75). Participants are asked to please contact Ra Glass at least 2 days in advance for pattern selection (332-5759).

Instructor: Ra Glass Staff
Location: Ra Glass, 372 S Grand, Pullman
Limits: 6 max

Ages: 16 yrs old and older

| | | | |
|---------------------|---------|-------------------|------|
| Jan 25-Mar 1 | W | 6:00-8:30pm | \$75 |
| Mar 22-Apr 26 | W | 6:00-8:30pm | \$75 |
| May 3-Jun 7 | W | 6:00-8:30pm | \$75 |

MARBLE/PENDANT MAKING CLASS

This class will teach students the fundamentals of borosilicate glass marble or pendant making. Students will have the opportunity to create marbles or pendants using clear and colored glass rod. All work will be annealed and students will be able to pick up their work the following workday. All tools and supplies will be supplied by Ra Glass. Participants must wear cotton clothing and closed toed shoes.

Instructor: Ra Glass Staff
Location: Ra Glass, 372 S Grand, Pullman
Limits: 4 max

Ages: 16 yrs or older (unless accompanied by parent)

| | | | |
|--------------|----------|----------------------|-------|
| Jan 28 | Sa | 10:00am-4:30pm | \$125 |
| Feb 18 | Sa | 10:00am-4:30pm | \$125 |
| Mar 25 | Sa | 10:00am-4:30pm | \$125 |
| Apr 22 | Sa | 10:00am-4:30pm | \$125 |
| May 27 | Sa | 10:00am-4:30pm | \$125 |

BALLROOM DANCING

Have you always wanted to learn how to ballroom dance? This is the class for you! You will learn the basics for dances such as waltz, foxtrot, tango, salsa, cha-cha, and west coast swing. Work on your leading and following skills with everyone in the class and meet some new friends! **No partner is required. Please wear soft-soled shoes.**

Instructor: Anna Black and Matt Parks
Location: Pioneer Center
Limits: 10/30

Ages: 18 yrs and older

| | | |
|--------------------|---------|-------------|
| Jan 30-Mar 6 | M | 7:15-8:15pm |
| \$59 couple | | \$35 single |

No Class: Feb 20



New PLANNING FOR WELLNESS

Balanced living requires a holistic approach to managing your health. Create a wellness plan for the New Year that will bring you more physical vitality, peace of mind, and connection to your whole self.

Instructor: Linda Kingsbury, Ph.D. Herbal Nutrition Specialist
Location: Pioneer Center
Limits: 5/20

Ages: 18 yrs and older

| | | | |
|--------------|----------|-------------------|------|
| Jan 31 | Tu | 7:00-9:00pm | \$26 |
|--------------|----------|-------------------|------|

New BE MY VALENTINE CARD CLASS

We will make 5 fun and easy valentine cards in this rubberstamping class. Learn new stamping and card making techniques. **Bring a glue stick or adhesive.**

Instructor: Karen Lien, Paper Pals
Location: Paper Pals, 1475 S Grand Ave #104, Pullman
Limits: 10 max

Ages: 18 yrs and older

| | | | |
|-------------|----------|-------------------|------|
| Feb 2 | Th | 6:30-8:30pm | \$15 |
|-------------|----------|-------------------|------|

PULLMAN FIRE DEPT CPR AND FIRST AID

Classes are held at the Pullman Fire Station, 620 S Grand Avenue.

Adult and Child/Infant CPR .. \$20
First Aid \$30

Please check with the Fire Station for exact dates and times.
Call 332-8172 for information.

GENERAL RECREATION

NEW CREATING HEALTH AND BALANCE - A WOMEN'S RETREAT DAY

Participating in this retreat day will leave you feeling refreshed, inspired and committed to creating balance and abundant health in your life. Topics to explore will include honoring your body's natural wisdom and rhythms, body image and exposing our hidden expectations, emotional eating triggers and counter strategies, along with juggling priorities. Then we'll create a personalized plan to integrate positive choices for the nourishment of your body, mind and spirit into your daily life. Treat yourself to this special opportunity to focus on replenishing your energy and generating positive patterns that will benefit both you, and all those who love and depend on you at home and at work! Fee includes a delicious and healthy lunch. Instructor is experienced in assisting individuals in transitions with compassion and clarity, encouraging meaningful change in a nurturing and accepting atmosphere.

Instructor: Vicki Cockrell, Transformational Mentor
Location: 1422 Pine Cone Road, Moscow, ID
Limits 3/10

Ages: 18 yrs and older
Feb 4 Sa 9:30am-4:30pm \$65

NEW NATURAL APPROACHES TO S.A.D.

As sunlight decreases many people experience a decline in their levels of production and happiness. Explore aromatherapy, herbs and foods to balance brain chemicals and stabilize moods. Make an aromatherapy mist to boost your moods.

Instructor: Linda Kingsbury, Ph.D. Herbal Nutrition Specialist
Location: Pioneer Center
Limits: 5/20

Ages: 18 yrs and older
Feb 7 Tu 7:00-9:00pm \$26

HOMEBUYERS SEMINAR

Do you understand the entire process of purchasing a home? Well we have the answers to all your questions. Please come and attend our free HOME SWEET HOME seminar and discover the path to home ownership. This class is being presented by Molly Schoenbachler from Sierra Nevada Funding and Ann Parks from Dave Christy State Farm. You will also hear from Realtors; Gary Schell and Eunice Stime from Beasley Realty, Cherie Musselman from Heritage Realty, and Cher Baker from Whitman County Title. Mark your calendars for this FREE seminar. It will be one evening you will not want to miss. Register today by calling 338-3227!

Location: Cougar Depot, Pullman

Ages: 18 yrs and older
Mar 1 W 7:00-9:00pm **FREE**

SPACE IN MANY PROGRAMS IS LIMITED!
REGISTRATION STARTS JAN 3
CALL 338-3227 NOW!

NEW CHARITABLE PLANNING A TO Z

Feeling the "Tax Time Crunch?" Come learn how charitable gifting can save you tax dollars in the future. This seminar shows you the advantages of several different charitable arrangements as well as a brief explanation of some related tax issues. Hosted by Laura Preece, a local agent with New York Life Insurance Company. This seminar is for informational purposes only. Neither New York Life nor any of its agents are in the business of offering tax, legal or accounting advice. You should consult with your professional advisors for tax, legal or accounting advice.

Instructor: Laura Preece, Agent with New York Life
Location: Pioneer Center
Limits: 6/20

Ages: 18 yrs and older
Mar 2 Th 6:30-8:30pm **FREE**

NEW HERBS FOR SPRING CLEANING YOUR BODY

Learn about herbs and aromatherapy to help you loose any winter weight gain and help you feel ready for the New Year. Information on herbs and foods for detoxifying and cleansing the mind and body. Make a healthy herbal tea blend to take home.

Instructor: Linda Kingsbury, Ph.D. Herbal Nutrition Specialist
Location: Pioneer Center
Limits: 5/20

Ages: 18 yrs and older
Mar 7 Tu 7:00-9:00pm \$26

RETAINING WALL INSTALLATION

Bobby Shores from Moscow Building Supply, will instruct this class where you will learn everything you need to know about building a retaining wall, from selecting the correct products to installation and maintenance. This class will also cover patio block and garden block. Make sure you attend this class and start the spring right.

Instructor: Bobby Shores, Moscow Building Supply
Location: Pioneer Center
Limits: 10/30

Ages: 18 yrs and older
Mar 21 Tu 7:30-9:00pm **FREE**

HOME LANDSCAPE PLANNING AND DESIGN

Make the most of your outdoor living space! Whether you are starting from scratch or redoing an overgrown landscape, this class can help you in planning an attractive and enjoyable yard. Topics include basic design principles, evaluating your own landscape needs, designing for water conservation and low maintenance, and installing the landscape. Following this class, there will be an optional meeting at Prairie Bloom Nursery to further discuss planting materials with the date and time TBA.

Instructor: Tim Eaton, owner of Prairie Bloom Nursery
Location: Pioneer Center
Limits: 10/20

Ages: 18 yrs and older
Mar 23-30 Th 6:30-8:30pm \$30

GENERAL RECREATION

SO YOUR CHILD WANTS A HORSE!! ?? \$\$

An informal presentation followed by a question and answer session at FIRST RIDES stable in Palouse, WA (<http://www.firstrides.com>). Talk to owner, Ann Warrington, and find out what is involved in horse and pony ownership, from equine psychology to annual costs. Ann has owned horses for over 30 years and ridden for more than 50 years. Learn about finding the right horse for your child. Learn how horses are NOT big dogs. Learn how to interact safely with these wonderful and fascinating creatures. **Please dress for the outdoors.**

Instructor: Ann Warrington
Location: First Rides Stables, Palouse, WA
Limits: 10/20

Ages: 18 yrs and older

Mar 25 Sa 10:00-11:30am **FREE**

FENG SHUI MADE EASY

Feng Shui means, "To harmonize, bring into balance, organize in a natural pattern." In this class you'll learn simple how-to methods to employ this ancient Chinese philosophy to consciously direct the flow of energy in your home for prosperity, improved relationships, and a long, healthy life. Feng Shui is a system that will change your life along with your furniture placements through an integration of the elements of the outside world into your internal environments.

Instructor: Vicki Cockrell, certified interior designer with 20 years experience
Location: 1422 Pine Cone Road, Moscow, ID
Limits: 3/20

Ages: 18 yrs and older

Apr 4-11 Tu 7:00-9:30pm \$26

GETTING YOUR ESTATE

PLANNING HOUSE IN ORDER

This seminar will explain some of the basic issues around estate planning, uncovering the 10 most common mistakes often made. Find out what you should consider when planning for your estate. Hosted by Laura Preece, a local agent with New York Life Insurance Company. This seminar is for informational purposes only. Neither New York Life nor any of its agents are in the business of offering tax, legal or accounting advice. You should consult with your professional advisors for tax, legal or accounting advice.

Instructor: Laura Preece, Agent with New York Life
Location: Pioneer Center
Limits: 6/20

Ages: 18 yrs and older

Apr 13 Th 6:30-8:30pm **FREE**

PALOUSE PAMPERED STAMPERS CLUB

We learn a new technique each month and practice it at the meeting. We also share current projects, discuss stamping, inspire each other, and just have a great time! New members are always welcomed. The Palouse Pampered Stampers Club will meet on Jan 9, Feb 6, Mar 6, Apr 10, and May 1 at the Pioneer Center beginning at 6:30pm. For additional information contact Tami Pitzer at 334-1534.

INTRODUCTION TO TRAPSHOOTING

Have you always wanted to learn how to trapshoot but have never had the chance? Well, here is your opportunity. The Colton Gun Club is offering this three-week course that will teach general gun safety, etiquette, and the basics of trapshooting. Each evening, participants will have the opportunity to shoot 50 targets and receive instructions from club members. Fee includes targets and shotgun shells. Shotguns are available to use if participants do not have their own. Additional shooting will be made available after the class payable to the Colton Gun Club.

Instructor: Colton Gun Club Members
Location: Colton Gun Club, Colton, WA
Limits: 10/15

Ages: 12 yrs and older

May 5-19 F 6:00-7:30pm \$35

EXCITEMENT IS IN THE AIR: WALLA WALLA BALLOON STAMPEDE

The Pacific Northwest's first and most prestigious hot air balloon rally of the season brings the finest pilots to Walla Walla. Colorful highlights include: sunrise launches, "Nite Glow Show", arts and craft booths, food vendors, and live entertainment. Also included in this trip is the Walla Walla Little Theatre's comedy of "Moon over Buffalo", a wine tasting tour, Elks Mother's Day brunch buffet, and the Fort Walla Walla Museum and Living History. *All of the above plus 2 night hotel stay, with continental breakfast, indoor pool, and transportation are included in the fee.* **Costs of all other meals are your own.** Home pick up starts at 7:00am and we leave City Hall at 8:00am. **Register before: Apr 7**

Location: Walla Walla, WA
Limits: 10/18

Ages: 18 yrs and older

May 12-14 F-Su 8:00am
Share a room \$239 ea Single Occupancy \$331

THE MAGNIFICENT CLARK HOUSE MANSION ~ TOUR AND LUNCH

This is an absolute treasure! Treat yourself to the luxury of a bygone time. The magnificent Clark Mansion majestically rests on a wooded 12-acre estate, a reminder of a glorious past complete with princes, presidents, power, wealth, and mystery. A professional set designer from Los Angeles has painted the murals. The walls truly are magnificent. At one time, the elegant F. Lewis Clark Mansion was the largest home in northern Idaho. Patterned after the Kaiser of Germany's summer home, this grand old manor has been restored to its original beauty. Join us for a delicious lunch of honeysuckle club sandwich, soup, dessert – chef's choice, and coffee or tea prepared by one of the area's finest chefs. This is a special opening for us and we need 18 to go so please invite a friend! Home pick up starts at 8:00am and we leave City Hall at 9:00am. *Fee includes lunch and transportation.* **Register before: Apr 20**

Location: Hayden Lake, ID
Limits: 18/18

Ages: 18 yrs and older

May 20 Sa 9:00am \$36